

IT'S HERE!!

Your personal invitation!!

OLD MAN CHALLENGE #15

Friday February 23, 2018

WPI Rec Center at the Tanks!

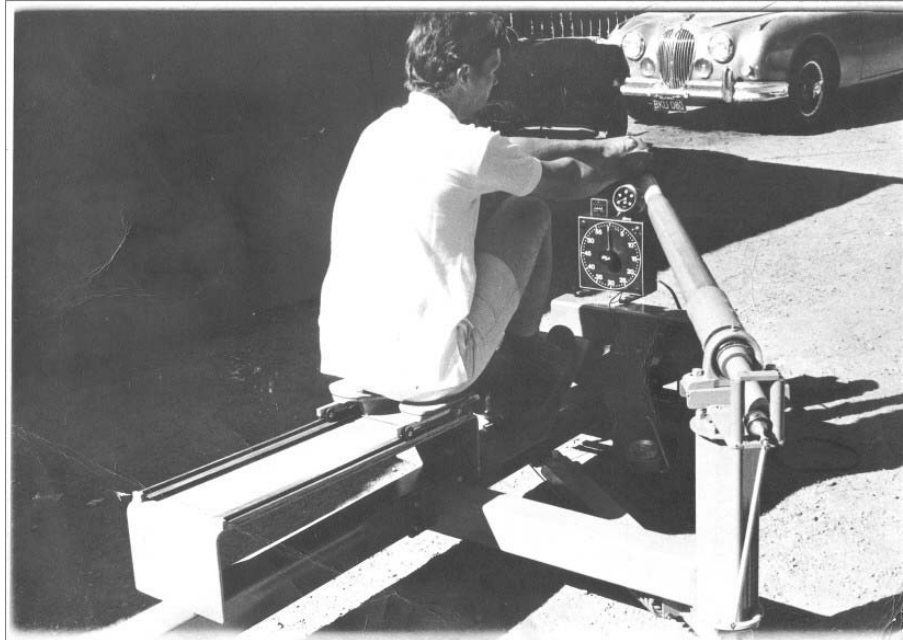


It's that time of year! The 15th running of the one and only OMC 10k. From our humble beginnings on the 3rd floor of Alumni Gym, only with a much younger and less scarred me, and a handful of not-that-speedy varsity men, to today's extravaganza of human vs. machine, and a raw determination to simply squeeze into your spandex.... This is going to be SO, MUCH, FUN!

Truth be told, there are people who wait a whole year just to get this invite so they can get a laugh at the trash talk, then promptly toss it in the recycling bin. But there are exceptions! Watch out undergrads, my training has been very intense the past few months....



But seriously, the undergrads are working very hard this winter on strength and fitness. At least that's what I've heard. I'm just not sure they're equipped to row this year's event on Gamut ergs, which we're shipping in special for old time's sake! Coach Noble, one-time Gamut champion, is ready! Are you?! 4 pounds on the friction brake - or shall we make it 5?



But I digress....The real questions are who will show up, who will prevail, who will fly and die, and who will get their name on the trophy? It's been a few years since we had any laser puking - that would impress me in some sick, sadistic way about this pain soaked, incredibly fun, experience...



**CAN'T SOMEONE ELSE
JUST DO IT?**

No, undergrads, someone else is not permitted to row in your stead --- all varsity rowers must complete a 10k and risk being humiliated by people much, much older than they are. But you do stand a good chance of beating me if you've been training at all -- it's been a rough year for injury and recovery, but I will definitely be there with my best can of whupp-a\$\$\$! Alumni have all sorts of options - individual, relay team, or for the really smart ones - observation duty -- they come to watch and gossip :-). It's fabulous!

As history has proven, no matter what the results, I can promise all of you alumni who show up, you WILL have a great time. You will smile 'till your jaw aches. You may part with some of your hard earned cash and much sweat as you see fit. And just a reminder for the undergrads, row really, really hard or you will lose.

As many of you know, I began the OMC as a selfish motivation to keep up my own training back in 2004, but soon realized further incentives would be needed. Thus the original purpose was born, free license to heckle undergrads, along with some fund raising to help subsidize the Florida training trip, not really a "vacation" as some might presume...I honestly cannot believe I have been doing this for 15 years! Damn, I am old!

The great thing about this event is the pressure on you young folk. **Can you even *imagine* losing to a person almost 3 times your age?** And if we old people get smoked, we have the ultimate excuse, we're OLD! HAHA!. AMF!

Put your money where your mouth is Friends. Come and row with us, or just come and visit. Check out the mostly completed exterior of the Foise Innovation Studio on the site of our beloved Alumni Gym.- opening this summer. You can park free in the WPI garage accessed via the Higgins House lot off Salisbury St. **If you can possibly be on campus anytime between 3:30PM and 6:30PM on Friday Feb 23, it would be really, really fantastic to see you.**

The details

- Friday, Feb 23 at the WPI Rec Center in the WPI Donahue Rowing Room and surrounding space, where we can play music as loudly as we like. Yay! My music! No Celine Dion....
- As most of you know, this is a coed event, so **ladies**, show up, DO WORK! Women's handicap is in effect. That would be for females only. And lantosca, if he shows up. And old McGee.
- Row on an alumni RELAY TEAM this year. Up to 4 members allowed per team. Less pain time. Bad news is there's a handicap. Of course, in the spirit of The OMC, a level playing field is essential, so I use the now un-famous Guida-derived handicap formula. HINT: You'll need to be really fast to win using a relay team. Like, time-machine fast.
- Don't forget the fabulous fantastical **prizes** provided by the race organizer....more good stuff this year. Lots of stuff.....I've been cleaning house...Again.



In Summary: For those of you unfamiliar with (or wanting to forget) this annual landmark event, we alumni and friends collectively challenge the WPI Varsity men and women's crew to compete against us in a grueling, all-out 10k erg piece. I will donate to the team a yet to be determined dollar figure for each person beating my score (I have historically pledged \$20 per person), to subsidize the Crew's spring training trip to Florida. I can tell you that last year most of the team rowed between 42 minutes and 35 minutes for their 10k's. There are approximately 50 undergrads competing this year. You do the math, however any donation is appreciated. Many Friends donate fixed amounts not tied to how fast anyone rows. Each year our participation is outstanding. Historically, many alumni participate either in person or remotely from around the globe (just send me your score that week before Feb 24) **I just want YOU to stay connected to this awesome program, which will always need YOU, which YOU will always have a personal stake in, and HAVE FUN!**

WHEN – Friday, FEBRUARY 23, 2017. **FIRST GROUP** including relay teams **GOES OFF AT 4:00 PM sharp-ish**. **WARMUPS BEGIN WHENEVER YOU GET THERE**. **Groups 2 and 3 WILL START AROUND 5:00 PM and 6:00PM respectively**.

WHERE – WPI Sports and Recreation Center, in the Tank Room - just follow the music. **INSTITUTE ROAD, WEST SIDE OF THE QUAD, WORCESTER, MA, USA, PLANET EARTH, not Planet Claire**.

WHO – ANY ALUMNI AND FRIENDS WHO WANT TO PRETEND THEY'RE YOUNG AND IN-SHAPE AND HAVE SOME SERIOUS FUN. **WE'LL MIX UP THE ALUMS AND THE VARSITY SQUAD**.

Afterwards, if you are able, please join us for dinner, on me, at O'Connors, in West Boylston, starting at 7PM in our own private room. Yes, you're invited, even if you don't erg.

FYI, and I repeat this every year, **ALL of the members of the Crew very much appreciate our generous and continued support**. I continue to get the sense they are both amused and intimidated by our massive Old Man/Woman power and our will to endure. Contributions of any amount are welcome. Make checks out to WPI Rowing, or, better yet, use the new online donation page – simple, easy fast credit card payment:

<https://securelb.imodules.com/s/648/index.aspx?sid=648&gid=1&pgid=2842&cid=5144>

Please note in the text box provided that your donation is for "Men's Rowing" or "Women's Rowing" and Old Man Challenge. This will ensure your intent for the donation is clear and gets routed to the correct account. The alumni office will send you a tax receipt. ALL proceeds go directly to WPI Crew. Please spread the word to other crew alums. **THANK YOU!**

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Yours truly in old age,
Pat Guida '83
AMF!

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